



Aging and Disability
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on
Facebook

Dodge County ADRC

OR



Find us on the web:

www.co.dodge.wi.gov

ADRC Recipe Box

Oven-Baked Chex Mix

Make with whatever snacks you have!



Ingredients:

- 9 C cereal (Chex cereal but any variety will work)
- 1 C. nuts
- 5 C. add-in's such as pretzels, chips, crackers, etc.
- 2 tsp. seasoned salt
- 1 tsp. onion powder
- 1^{1/2} tsp. garlic powder
- 2 T. Worcestershire sauce
- 8 T. unsalted butter

Directions:



Heat oven to 250 degrees. Line two rimmed baking sheets with parchment paper.

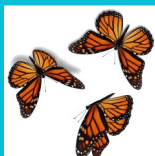
Melt butter. Add Worcestershire sauce, seasoned salt, garlic and onion powder. Whisk well.

Combine Chex mix in a bowl. Pour butter mixture over Chex mix and gently toss.

Bake until lightly brown, 45-50 minutes, stirring every 15 minutes.

Serves 8-10

www.thekitchn.com



TO OUR FRIEND:

Henry Dodge Office Building
199 County Road DF
Juneau, WI 53039





199 County Road DF - 3rd Floor
Juneau, Wisconsin 53039



ADRC Connections

WINTER ISSUE

Newsletter 2020-2021

**Connecting You with
Supports and Services**

**The ADRC and
Aging Programs in
Dodge County
are just a phone
call away!**

**920-386-3580
800-924-6407**

*Let us know what you
think!*

In This Issue

Staff Directory.....	2
Staff Spotlight.....	2
Valuable Volunteer Spotlight.....	2
NEW Dementia Resources & Lending Library.....	3
Caregiver Coffee Hour.....	3
Monthly Education Series.....	3
Lewy Body Support Group.....	3
Winter Driving Safety For Seniors...	4
THANK YOU!!.....	4
Senior Dining Menus Jan-Mar.....	5
Nutrition Fit Bits.....	6
Calendar of ADRC Events.....	7
Breast Cancer Awareness.....	7
It's a Scam!.....	7
Disability Benefit Specialist News...	8
ACCESS - Youth & Future.....	8
Scammers Target Pet Seekers.....	9
I'd Like to Receive the ADRC Newsletter at Home.....	9
Your Benefit News - 2021 COLA....	10
Coping with Stress.....	11
ADRC Recipe Box.....	12

Supervisors Report...From the Desks of Kris Schefft and Jackie DeLaRosa

As we all learn to live in this “new abnormal” of social distancing and isolating ourselves, we are experiencing what so many older adults, people with disabilities and people with chronic conditions have long experienced: social isolation and loneliness...and it doesn't feel good.

Even before the coronavirus, an estimated ¼ of U.S. community-dwelling adults age 65 and over met the definition of being socially isolated—having few relationships or infrequent social contact. Being socially isolated increases the risk of premature death and of developing dementia. Likewise, research shows that people who feel lonely have four times the risk of death than those who don't, 68% increased risk of hospitalization and 57% increased risk of emergency room visits.

We're all in this together. That's what we've all been saying throughout the pandemic. While true, the effects are not the same for everybody. Older adults are at much greater risk for health impacts if they contract the virus, so it is even more important that they practice social distancing and restrict contact with people outside their household. This leads to more isolation and loneliness.

So, let's remember our older neighbors, friends with chronic conditions, and people with disabilities during this time of isolation—especially those who may not have access to cell phones and computers to stay in touch.

What can you do? Make a telephone call to see how they are doing. Ask if they need medications, groceries, supplies for a hobby, or anything else. Ask if they need their snow plowed. Knock on their door. Back up well more than six feet. Smile. Have a brief conversation. You'll both benefit from the human contact. Drop off magazines or a friendly card offering cheer and support. Encourage them to get outside—even if it's just to walk up and down the driveway or sit on their front porch. Fresh air and nature are an incredible balm.

When this pandemic is over—and one day it will be—remember how you are feeling now during this time and commit to reaching out to those who experience social isolation and loneliness all the time. For additional ways to help those in our community experiencing isolation and loneliness, please call the **Aging and Disability Resource Center (ADRC) of Dodge County at **920-386-3580**.**

article written by ●●● Wisconsin Institute for Healthy Aging



Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft
 Aging/Nutrition/Transportation Supervisor.....Jackie DeLaRosa
 Aging & Disability Resource
 Specialists.....Brittany Borchardt, Diane Coulter, Pam Couperus,
Heather Ehrlich, Morgan Leistikow, Vicki Zimmerman
 Caregiver Program Coordinator.....Catherine Knickelbein
 Community Education Coordinator.....Olivia Gerritson
 Customer Service & Support Staff.....Jackie Wendlandt,
Jeannette Moon, & Hannah Rohlinger
 Dementia Care Specialist.....Rob Griesel
 Dining Center Managers.....Melva Brown-Dring, Judy Hedstrom,
Barbara May, Rose Newman,
Marcey Sage, Judy Schraufnagel,
Jill Weisensel, Linda Zastrow, Joan Zehner
 Disability Benefit Specialist.....Ashley Sanborn & Jennie Farmer
 Elder Benefit Specialist.....Amanda Higgins & Jennie Farmer
 Transportation Coordinator.....Elaine DeBlare
 Van Drivers.....Bill Benedon, Mark Callies, Jerry Groehler,
Mike Falkinham, JJ Johnson, John Leitner,
Greg Maier, Dave Pasewald

STAFF Spotlight



My name is
Jennie Farmer
and I am excited
to be part of the
Dodge County
ADRC as an
Elder/Disability

Benefit Specialist. I enjoy
making life a little better for
others and bringing a smile to
their face. I love reading,
swimming, gardening and
spending time with my
grandkids. I enjoy going to the
theater with my daughters and
various other forms of art. I look
forward to working with the
Dodge County community and
helping individuals with their
benefits.

Valuable Volunteer Spotlight



Meet Marilyn!

Our spotlight volunteer is Marilyn Schultz. She has been a volunteer driver with Dodge County ADRC for 10 years. When asked what prompted her to become a volunteer driver, she stated "My husband and I had a farm just outside of Juneau and when we retired, my brother had talked to me about becoming a

driver as he was already a driver. At first, I didn't think it was for me, but I decided to give it a try and it is one decision I don't regret. I like to drive and talk to people. After doing this for so many years, you can tell the people who are alone and don't get out much. I enjoy the conversations along the trips. There are some people who don't talk and that's ok too!" There are quite a few stories to tell she says with a giggle and just smiled. I guess it's like Las Vegas....What happens in the car, stays in the car!





COPING WITH STRESS

DURING INFECTIOUS DISEASE OUTBREAKS

USE PRACTICAL WAYS TO RELAX:

Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, wash your face and hands, or engage in pleasurable hobbies.



Pace yourself between stressful activities, and do a fun thing after a hard task.



Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.

Talk about your feelings to loved ones and friends often.

Take care of your physical health to help lower your stress.

Take a break to focus on positive parts of your life, like connections with loved ones.

PAY ATTENTION TO YOUR BODY, FEELINGS, AND SPIRIT:

- ⇒ Recognize and heed early warning signs of stress.
- ⇒ Recognize how your own past experiences affect your way of thinking and feeling about this event, and think of how you handled your thoughts, emotions, and behavior around past events.
- ⇒ Know that feeling stressed, depressed, guilty, or angry is common after an event like an infectious disease outbreak, even when it does not directly threaten you.
- ⇒ Connect with others who may be experiencing stress about the outbreak. Talk about your feelings about the outbreak, share reliable health information, and enjoy conversation unrelated to the outbreak, to remind yourself of the many important and positive things in your lives.
- ⇒ Take time to renew your spirit through meditation, prayer, or helping others in need.

SOURCES FOR CREDIBLE OUTBREAK RELATED HEALTH INFORMATION

Centers for Disease Control and Prevention
<https://www.cdc.gov>

World Health Organization Regional Office for the Americas
<http://www.who.int/en>

**YOUR BENEFIT NEWS***Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist**Published with permission from the Legal Services Team at the Greater Wisconsin Area on Aging Resources' Elder Law & Advocacy Center***Social Security Administration Announces 2021 COLA**

Beneficiaries receiving Social Security retirement, survivors, and disability benefits will see an increase in their 2021 monthly benefit. The Social Security Administration announced beneficiaries will receive a 1.3% increase due to the cost of living adjustment (COLA). The 2021 numbers are as follows:

	2020	2021
Federal SSI—individual	\$783/mo.	\$794/mo.
Federal SSI—couple	\$1,175/mo.	\$1,191/mo.
Quarter of coverage	\$1,410	\$1,470
SGA –non-blind person	\$1,260/mo.	\$1,310/mo.
SGA—blind person	\$2,110/mo.	\$2,190/mo.
Earnings limit (those receiving SS retirement benefits <u>under</u> full retirement age)	\$18,240 (\$1,520/mo.) \$1 in SSA benefits withheld for every \$2 above limit	\$18,960 (\$1,580/mo.) \$1 in SSA benefits withheld for every \$2 above limit
Earnings limit (receiving benefits in the calendar year full retirement age is attained)	\$48,600 (\$4,050/mo.) \$1 withheld for \$3 above limit	\$50,520 (\$4,210/mo.) \$1 withheld for \$3 above limit
Maximum SS benefit for worker retiring at full retirement age	\$3,011/mo.	\$3,148/mo.

2021 Medicare Numbers Released

The Centers for Medicare & Medicaid Services (CMS) announced the 2021 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, more than 95% of beneficiaries receive premium-free Medicare Part A because they at least 40 work quarters payed into Medicare taxes.

Medicare Part A Costs	2020	2021	Medicare Part B Costs	2020	2021
Premium with 40 work credits	\$0	\$0	Monthly Premium	\$144.60	\$148.50
Premium 30-39 work credits	\$252	\$259	Annual Deductible	\$198	\$203
Premium less than 30 work credits	\$458	\$471			
Deductible (per benefit period)	\$1,408	\$1,484			
Daily coinsurance in hospital days 61-90	\$352	\$371			
Daily coinsurance in hospital days 91-150	\$704	\$742			
Daily coinsurance in a skilled nursing facility, days 21-100	\$176	\$185.50			

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. All beneficiaries pay a Part B premium (unless qualify for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis.

If you want more information or assistance, call the ADRC at 920-386-3580 or 800-924-6407



Dementia Care Specialist
Rob Griesel

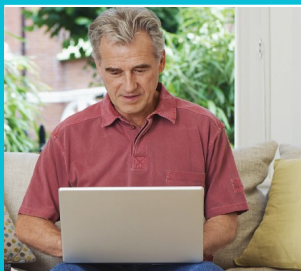
Lewy Body Dementia Caregivers Support Group



Join us in a caring and understanding environment where you can ask questions and get answers. Learn creative and caring problem solving techniques, learn about helpful resources, and hear about advances in research and advocacy.

2nd & 4th
Wednesday
Each Month

1:30pm
-
3:00pm



In partnership with Dementia Care Specialists, the ADRC along with DHS (Department of

Health Services), will host a monthly webinar for the general public. The webinars will be hosted on the second Wednesday of the month from noon to 1pm and will begin in January 2021 and go thru December 2021.

Topics:

January - Social Isolation

February - Intimacy and Relationship Changes

March - Incontinence Management

MONDAY MORNING CAREGIVER COFFEE HOUR



Caring for someone living with dementia?

Connect with local Dodge, Jefferson, and Rock County Dementia Specialists virtually from the comfort of your home every **Monday from 10 am until 11 am!**

Join to ask questions, gain support, and brainstorm strategies to get through this time together with three Aging and Disability Resource Center (ADRC) Dementia Care Specialists (DCS).

Bring your cup of coffee, tea, milk, juice, or whatever you like and interact via Zoom video. After registering you will receive a Zoom video conferencing link, phone number, and directions on how to connect by computer or phone.

Register by calling 920-386-4308 or by e-mail at rgriesel@co.dodge.wi.us

Fill your cup and start your week off right!

We are proud to announce the **NEW Dementia Resources & Lending Library** in

Beaver Dam. It is located across from the Wayland Academy Sports Complex near Washington Avenue in front of 114 South University Avenue.

There you will find children's books about loss and dementia, adult books about caregiving and dementia, educational materials, and resources lining the shelves.

Come check it out and feel free to leave a message in the lock box if you have any questions, comments, suggestions, or request. Enjoy!





Winter Driving Safety For Seniors

People over the age of 70 have the second highest accident rate per kilometer when compared to any other age group. The reaction times of a 65-year old have been found to be 22 times slower than a 30-year old. This shows that safety on the roads for a senior can be a huge problem. Add the effects of winter's wet and icy weather conditions and you may start thinking that it's time to give up driving altogether. However, there are some precautions you can take to improve safety for yourself and other road users.

Preparing Your Car

Regardless of your age, if your car isn't up to par for the winter then you can easily run into problems. Ice and condensation on windows are two of the biggest problems that your car will battle with in winter, so be prepared for them. Check your engine's antifreeze/coolant ratio: you want about 60% coolant to 40% water in cold weather. Make sure your windshield wipers are in good condition and have antifreeze in your washer fluid. It's also a good idea to switch your tires to specialized winter ones that have a tread designed for rain, snow and ice, as well as normal dry conditions. There are all different types available, from economical ones to top of the range, so it's worth researching suitable winter tire reviews that are relevant to your car and needs.

Avoid Driving When Possible

Giving up driving can mean you lose a bit part of your identity, especially if you've driven all your life, so it can be a difficult decision to make. However, there's no reason to give up if you can still drive safely. Check the weather forecast beforehand and avoid driving in heavy rain, snow or icy weather so that you're not out in conditions

that increase the risk of an accident. If you do have to go out, always let someone know where you're going and at what time so that they know when you should be back home.

Conditions That Can Make Driving Hazardous

As you age it's common for eyesight and hearing to deteriorate, which can cause major problems if you're driving. In fact, the American Academy of Family Physicians reports that around 75% of people who are considered legally blind are seniors with glaucoma. Obviously, poor sight can be disastrous, so have regular sight tests and make sure you're always wearing your glasses for driving. It may be worth keeping a pair in your car so that you can never forget to take them with you. Poor hearing can make it difficult to hear emergency services sirens or car horns that can offer a vital warning. Mobility may also decline, making it difficult to turn to check blind spots and maneuver the car.

In some states you may be required to submit medical information and have a sight test once you reach a certain age to show that you can still safely drive. Ultimately, it's up to you as an individual to keep yourself and other road users safe. If you notice that your driving isn't as good as it used to be, then it may be time to switch to public transport, particularly in harsh weather.

<https://seniordirectory.com/articles/info/winter-driving-safety-for-seniors>



Thank you



The Caring Crafters of Watertown made and donated 101 items including mittens, hat, scarves, lap blankets, and baby blankets to Dodge County Human Services & Health for staff to distribute to those in need. All units were able to take advantage of this donation. The Caring Crafters raise funds by selling handmade dishrags and scrubbies for Heat for Heroes. They have also made and donated many masks, quilts, etc. Follow them on Facebook! We are very thankful for their donation to us!!



SCAMMERS TARGET UNSUSPECTING PET SEEKERS

Release Date: November 18, 2020

MADISON - The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) is urging consumers to use caution when purchasing a new pet online, after receiving multiple reports of scammers stealing money from unsuspecting purchasers.

How does this scam work?

Scammers post pictures online of what appear to be legitimate puppies or kittens for sale. They may even seem to be in the buyer's local area. Once contacted, the seller claims to have just sold their last animal and instead offers information about a second seller further away who may be able to help. This tactic prevents buyers from meeting the animal in person before purchasing. When buyers reach out to the second seller and agree to purchase an animal, that seller will require payment using an untraceable and non-refundable method, like a money transfer app. After the initial payment, the scammer may claim to need more money for transport fees, licenses, or permits. By the time the buyer becomes suspicious and demands a refund, the seller disappears without ever delivering the animal they advertised.



Consumers can avoid falling victim to these pet scams by following the tips below:

Verify the business. An easy way to do this is to search for the person or business online. Adding the term "scam" or "fraud" to your search terms could also help you spot a potential scam. Do not send money or give out personal information until you have been able to verify the legitimacy of the person or business.

Ask for the name and location of their veterinarian.

If the seller provides this information, search for the veterinarian online and contact their office using a publicly listed number rather than the one provided by the seller. A list of Wisconsin licensed veterinarians is also available on the datcp.wi.gov website.



Do not pay upfront. This makes it easy for scammers to take your money and disappear. Additionally, consider how you pay. Credit cards have significant fraud protection built-in, but cash apps, gift cards, and money wires are often untraceable and non-refundable.

Slow down and double-check. Scammers benefit when you make decisions in a hurry. They may tell you their supply is limited, or that they have someone else interested. Slow down and double-check their story, consult an expert, or talk to a friend or family member. Do not give in to high-pressure sales tactics.

The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

I'd like to receive the ADRC newsletter at home!

Please add my name to your mailing list.

Name _____

Address _____

City _____ State _____ ZIP _____

☐ I have a change of address

Mail to:

ADRC of Dodge County
199 County Road DF - 3rd floor
Juneau, WI 53039





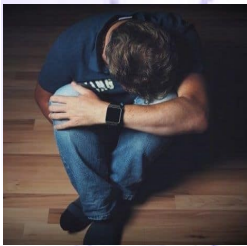
Disability Benefit Specialist News

Submitted by Jennie Farmer, DBS

Combatting Seasonal Affective Disorder (SAD)

What is SAD? Seasonal Affective Disorder is a mood disorder that happens every year at the same time. It begins in the fall or winter and ends in early summer. It can affect anyone anytime, but mostly affect people in the winter season. Long winter nights, less sunlight, and disturbed sleeping patterns are some of the factors that contribute to the onset of this disorder.

For many of us, winter blues is one problem, and it can be harder to deal with while working from home. This disorder is a real and a distressing form of depression. Symptoms may vary from one individual to another.



Common symptoms of the disorder include:

- Feeling tired during the daytime
- Concentration problems
- Hopelessness
- Increased irritability
- Lack of interest
- Decreased libido
- Feeling sad
- Unexplained weight gain
- Sleeping problems
- Restlessness
- Loss of appetite
- Agitation

In severe cases, people with SAD may experience suicidal thoughts. In such cases, it is essential to consult a professional.

How to Cope With SAD

Light Therapy. Some studies have shown that experiencing light therapy can help reduce the symptoms of seasonal affective disorder.

Load Up on Vitamin D. The importance of vitamin D for your mental health cannot be stressed enough. The best source of vitamin D is sunlight exposure.

Get Moving. Physical activity helps release endorphins, which will help uplift your mood and make you feel better.

Steer clear of sugary foods. While comfort foods may feel like heaven when you feel sad, what you might not know is that sugary foods can elevate the problem and make you feel worse. Eat in moderation if you can't curb the cravings.

Manage stress. Try meditation, regulate sleep patterns, cut back on alcohol and smoking.

Get enough sleep. People who take short naps and sleep at least 7-8 hours a day are more likely to be happy than those who don't according to the National Institute of Neurological Disorders and Stroke.

FOR FULL ARTICLE, GO TO:

<https://www.thehealthsite.com/diseases-conditions/depression/dealing-with-seasonal-affective-disorder-heres-how-to-combat-it-781638/>



It is important for youth to start thinking about their future as early as their high school years. A lot of big decisions are underway as they start to grow older and with these decisions come big responsibilities. **Access to Independence (ACCESS)** is happy to help with that process. We offer comprehensive workshops for youth ages 14-21 in many areas to prepare students for adulthood. These workshops include self-advocacy, financial literacy, employment soft skills, and job readiness. **ACCESS** also offers additional skills development in daily living skills. **ACCESS** will teach youth how to cook, clean, organize, keep a daily planner, and many more skills. We strive to help the youth that we serve grow in to independent adults. During the pandemic, **ACCESS** is currently offering all of their services virtually, including the aforementioned workshops. These workshops are done in a virtual classroom setting by way of Zoom, usually in groups, but serving individual youth on a one on one basis may be discussed. For more information please reach out to Ashley Beal at ashleyb@accesstoind.org or (608) 716-7278.



Senior Dining Menus

M T W T H F

JANUARY					1 Happy New Year!
	4 Ham Roll Baby Red Potatoes	5 Beef Stroganoff Winter Blend Vegetables	6 Burgundy/Mush. Chopped Steak Mashed Potatoes	7 Honey Mustard Meatballs Brown Rice	8 Crispy Fish Fillet German Potato Salad
	11 Pepper Steak Baked Potato	12 Baked Chicken Twice Baked Style Potatoes	13 Bratwurst on a Bun Baked Beans	14 Mushroom Pork Cutlet Mashed Potatoes	15 Orange Chicken Baby Red Potatoes
	18 Cranberry/Kraut Meatballs Calico Beans	19 Swiss Steak Mashed Potatoes	20 Baked Spaghetti Mixed Italian Salad	21 Chicken Breast Mashed Potatoes	22 BBQ Pork Cutlet Baked Potato
	25 Smoked Sausage Baby Red Potatoes	26 Meatloaf White Bean Salad	27 Baked Chicken Garlic Mashed Potatoes	28 Chili Casserole Corn	29 Salisbury Steak Mashed Potatoes
FEBRUARY	1 Beef Stew Tossed Salad	2 Pork Jaegerschnitzel Mashed Potatoes	3 Country Fried Steak Mashed Potatoes	4 Chicken Marsala Baked Potato	5 Sweet and Sour Pork over Brown Rice
	8 Escalloped Potatoes & Ham Corn	9 Baked Chicken American Potato Salad	10 Swedish Meatballs Mashed Potatoes	11 Chicken Tetrazzini Health Slaw	12 Hamburger on a Bun Baked Beans
	15 Roast Pork Loin Mashed Potatoes	16 Pot Roast Baby Red Potatoes	17 Crispy Fish Fillet Potatoes Romanoff	18 Glazed Ham Calico Bean Casserole	19 Spinach Lasagna Broccoli Cuts
	22 Chicken Teriyaki Baked Potato	23 Chili Casserole Corn	24 Baked Chicken Twice Baked Style Potatoes	25 Pork Steak Mashed Potatoes	26 Macaroni & Cheese Tossed Salad
MARCH	1 Salisbury Steak Mashed Potatoes	2 BBQ Meatballs Red Beans & Rice Cole Slaw	3 Chicken Marsala Baked Potato	4 Ham Rolls Sweet Potato Bake	5 Seafood Creole over Brown Rice Blend Vegetables
	8 Meatloaf Garlic Mashed Potatoes	9 Bratwurst on a Bun Baked Beans	10 Pork Steak Mashed Potatoes	11 Meatballs in Honey Mustard Sauce Baby Red Potatoes	12 Cheese Tortellini in Marinara Sauce Mixed Italian Salad
	15 Swiss Steak Mashed Potatoes	16 Orange Chicken Baked Potato	17 Corned Beef Baby Red Potatoes	18 Pork Jaegerschnitzel Mashed Potatoes	19 Tuna Casserole Broccoli Cuts
	22 Chicken Breast Mashed Potatoes	23 Baked Spaghetti Tossed Salad	24 Baked Chicken Twice Baked Style Potatoes	25 Smoked Sausage Calico Bean Casserole	26 Salmon Loaf Baby Red Potatoes
	29 Roast Beef Mashed Potatoes	30 Chili Casserole Broccoli Cuts	31 Chopped Steak in Burg/Mush Sauce Mashed Potatoes		

**CALL DAY
BEFORE
TO
REGISTER**

**MENU
SUBJECT
TO
CHANGE
WITHOUT
NOTICE**



NUTRITION FIT BITS!



Turkey Talk: Thawing

When we think about the holidays, we often think about the special meals we eat and the cherished memories we will create. When preparing your holiday meal, there are some things to keep in mind to ensure that the food you are serving is safe to eat. Many times, turkey is the protein of choice for the winter/fall holidays. Below are some things from the CDC to keep in mind when preparing to thaw your turkey.



Never thaw your turkey on the counter. When using this unsafe method to defrost, the raw meat is in the temperature danger zone (40° F - 140° F) for a long period of time. This allows bacteria to grow very quickly in number which increases the chances of getting food poisoning. Instead, use one of the following safe thawing method options:

Refrigerator: place the turkey in a pan that has raised sides (to prevent leaking and making a mess in your refrigerator). The USDA has a great reference guide for how long it will take to thaw your turkey in the refrigerator:

4 to 12 pounds	1 to 3 days
12 to 16 pounds	3 to 4 days
16 to 20 pounds	4 to 5 days
20 to 24 pounds	5 to 6 days

Microwave: when using this method to thaw, make sure to follow the specific microwave manufacturer's instructions to ensure proper thawing. Once the turkey is thawed, it should be cooked right away because this method of thawing actually starts to cook the bird in some areas. It is unsafe to hold partially cooked food.

Stay safe and healthy this holiday season! For more information, check out the USDA Turkey Basics website or contact Caitlin Richardson in the Columbia County Extension office.

Email: caitlin.richardson@wisc.edu
Phone: 608-742-9693

By: Caitlin Richardson
FoodWise Coordinator
Columbia County UW-Madison Division of Extension

Cold water: put your turkey in a leak proof bag (to prevent germs from getting all over your sink & the bird getting over watered). Then submerge the wrapped turkey in cold water. The water needs to be changed every 30 minutes until the turkey is thawed. The water needs to be changed to make sure that the turkey stays out of the temperature danger zone. Having cold water helps protect the turkey from getting too warm. Here is a USDA chart for estimating the time needed to thaw the turkey with this method. Once the turkey is thawed, it should be cooked right away that same day.

4 to 12 pounds	2-6 hours
12 to 16 pounds	6-8 hours
16 to 20 pounds	8-10 hours
20 to 24 pounds	10-12 hours

Cooking the bird frozen: Did you know turkeys can actually be cooked in their frozen state? It's true, they can. According to the USDA, the cooking time will take at least 50% longer than what is recommended for a fully thawed turkey. Just remember to take out the giblet packages and make sure the final internal temperature of the bird is at least 165° F in it's thickest part.

Sources:

CDC: <https://www.cdc.gov/foodsafety/communication/holiday-turkey.html>

USDA Turkey Basics: Safe Thawing: <https://rb.gy/oafozc>
(link was shortened from its original form)

USDA Turkey Basics homepage: <https://www.fsis.usda.gov/wps/portal/food-safety-education/get-answers/food-safety-fact-sheets/poultry->



CALENDAR OF ADRC EVENTS

For more information or to register for events, please call the ADRC.

Due to the COVID-19 public health event, all in person events have been postponed. Please call the ADRC for recent developments as to the status of your favorite ADRC event.

Every Monday from 10-11 am

Monday Caregiver Coffee Hour. Caring for someone living with dementia? Connect with local Dementia Care Specialists via Zoom.

First Wednesday of the month from 1-3 pm

Virtual Arts Café. Program designed for people with memory loss and their caregiver. Supplies will be provided and delivered. Registration required.

January 21 from 9 am-12 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

January 21 & 28, February 4, 11, 18, & 25 from 1-2:30 pm

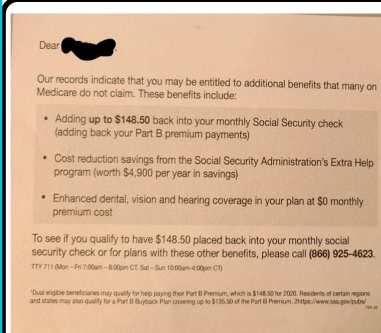
Virtual Powerful Tools for Caregivers Workshop. Call the ADRC of Dodge County to register.

February 15 from 1-4 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.

March 16 from 1-4 pm

Virtual Welcome to Medicare Class. Call one week prior to register in order to receive materials.



BE ON THE LOOK OUT!

This postcard is being mailed to beneficiaries. Initially it appears to be from Social Security regarding

getting extra help. The postcard is being sent from an insurance company and **NOT** SSA. It also appears that this **SAME** company is advertising on TV regarding getting \$148.60 back plus other free benefits such as meals, travel, dental, etc.

Breast Cancer Awareness During a Pandemic

According to BreastCancer.Org, roughly **one in eight women** will develop an invasive type of breast cancer at some point in her life. In 2020 alone, there will be over 300,000 new breast cancer cases. Unfortunately, these statistics don't stop because of a global pandemic. Because of COVID-19, it is difficult to focus on any other health issues apart from potential exposure to the coronavirus. Regular screenings and care are still as important in 2020 as they ever have been.

The great news is that most hospitals and other healthcare facilities are opening back up to continue regular screenings! There has been a significant drop in mammogram rates across the country, and patients are still not getting screened at pre-COVID-19 levels. This startling drop may end up costing lives — any delay in discovering that breast cancer exists can be fatal in some cases. Remember, breast cancer is very treatable if it is caught early.

If your mammogram or other screening test was postponed because of COVID-19, now is a good time to call your primary care physician or gynecologist to reschedule your screenings. Delaying for a few months generally will not be harmful, but the sooner you can reschedule your screenings, the better. Keep in mind that the waiting periods to get an appointment may be extended, so calling now may simply save your spot in line in some areas.

It is extremely important that patients return to getting regular screenings and care to help prevent this deadly cancer.

Free mammograms and Pap Smears are available through the Wisconsin Well-Woman Program (WWWP). You may be eligible if you



are a woman, age 35 to 64 and you do not have health insurance, or your insurance does not cover screening exams (or unable to pay deductibles or co-payments). For more information on breast and cervical cancer early detection, call your local Wisconsin Well Woman Program Coordinator, Jennifer Froh, at 608-847-9373.